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Celebrity Pg 18

Kate and Owen — third time's the charm?

Beijing Pg 8

Canada racks up more medals

Billionaires tour oilsands

NORTHERN VISIT Alberta's oilsands got a stealth visit yesterday from two of the richest men on the planet, news reports indicate.

Billionaire investor Warren Buffett and Microsoft titan Bill Gates were hosted in their northern adventure by representatives of various petroleum concerns linked to oilsands development, the Calgary Herald reported yesterday.

Warren Buffett

"They were exercising curiosity, basically saying, "Wow, this is neat,'" said Greg Stringham of the Canadian Association of Petroleum Producers.

Gates and Buffett are reportedly interested in investing in the oilsands, as a secure energy source for the United States.

The pair have duelled for the title of World's richest man for several years in Forbes magazine's tally of the world wealthiest people.

Buffett is bullish on the oilsands. The owner of the Berkshire Hathaway conglomerate sees the world needing more oil.

"You need some ... elephant fields and we haven't found any elephant fields in the last 15 or 20 years. So the sands are huge," he told a Toronto audience in February.

METRO EDMONTON

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Fringe fest **Doubleheader**

BEN LEMPHERS/FOR METRO EDMONTON

Sean Dwen, originally from New Zealand, performs as Basketball Jones for an attentive audience, yesterday afternoon at the Fringe Festival in Old Strathcona. More coverage, page 17.

Scammers mine tragedy

Facebook site dupes folks in wake of grisly bus beheading

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

Someone has been cashing in on the brutal murder of a man beheaded on a Greyhound bus last month, emptying wallets and drawing sympathy from members of a popular online community.

The day after Tim McLean was brutally murdered on a bus bound from Edmonton to Winnipeg, Ron Schinners started the Facebook group "Severed head killer!!! Cops should of killed you! R.I.P Tim McLean."

He said that a few weeks after the group started, he began receiving messages from a woman claiming she was the murdered man's sister, Amanda McLean.

"She knew all this stuff about his funeral and where the family was getting money, and here I am, as dumb as I am, believing every little thing," Schinners said.

The person claiming to be the victim's sister begged members of the group for money, and claimed that her family was in a "huge financial hole" having paid the Westboro Baptist Church $35,000 to keep the fundamental Christian group from protesting outside his funeral.

"She asked me for money — that was a red flag. She started mouthing other people in the group off, and people started investigating," he said. "I started getting hate mail from people that suspected me and my girlfriend of pulling this scam off."

Schinners said that a few members of the group were duped by the scam, and did donate money to the fraudster through Paypal, before the fake profile was pulled by Facebook administrators.

No calls placed to Paypal were returned on the matter.

"I don't send money over the Internet, I'm just not going to do it," Schinners said. "I think this person needs to get a life, and I think it's probably a couple people trying to cash in on his murder."

In court

- Edmontonian Vincent Li, has been charged with McLean's murder and been ordered to undergo psychiatric evaluation. McLean was beheaded on a bus bound for Winnipeg on July 30.

Teen arrested in debris fires

WEST END Police have arrested and charged a 17-year-old boy for starting two debris fires in the west end yesterday morning, but are no closer to catching the person, or persons, responsible for setting the area ablaze in May and June.

"There's no evidence that suggests in any way that this is connected to the serial arsons," said EPS spokeswoman Patrycia Chalupczynska.

Around 1 a.m. yesterday, fire crews were dispatched to two small garbage can fires burning in the area of 99 Avenue and 161 Street.

The fires were quickly extinguished and police found the boy in the area a short time later.

Since April, over 20 fires have been set in the west end of the city, near Stony Plain Road. The majority of the fires were set to debris in alleys and garbage bins.

In May, Police Chief Mike Boyd announced the formation of a special task force made up of 18 members of various detachments, designed to nab the firebugs.

Police say it's too early to determine whether yesterday's fires were a copycat crime.

"More interviews will be held with the suspect to determine that," Chalupczynska said.

To date nobody has arrested in connection with the arson spree. VICTORIA HANDYSIDES/ METRO EDMONTON

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Blakeman ends leadership speculation

Laurie Blakeman has ended months of speculation yesterday after announcing that she will not seek the leadership of the Alberta Liberal Party. So far Calgary MLA Dave Taylor and former Edmonton-McClung MLA Mo Elsalhy have thrown their hats into the leadership race. METRO EDMONTON

Local

Esks to battle Riders

After a long layoff, the Edmonton Eskimos suit up to battle prairie rivals the Saskatchewan Roughriders tomorrow at Commonwealth Stadium. Kickoff is at 7 p.m. Call 448-ESKS for tickets.

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Crack down on gangs in Hobbema: Grits

JEFF CUMMINGS
jeff.cummings@metronews.ca

In order to battle a growing gang epidemic in Hobbema, the province should allow police to seize the vehicles of any gang members who are seen brandishing weapons, said Alberta Liberal justice critic Kent Hehr yesterday.

reward

- The Samson Band has offered rewards of up to $50,000 for the arrest and conviction in the homicide cases.

"We must target gang members and hit them where it hurts them, their wallets," said Hehr.

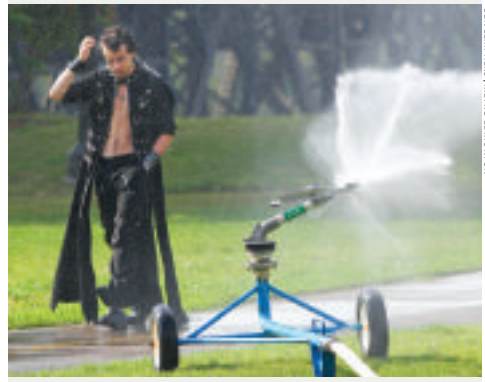
"We can do this by giving police the power to seize and sell any vehicle that has a handgun or registered weapon in it."

Five homicides have been reported in Hobbema so far this year, with charges laid in the first two cases.

Three people have been killed in the Samson Reserve within the last four weeks, including Delana Lefthand Dixon's murder over the weekend.

Hehr says Hobbema is in "state of emergency" because of the community's problems with criminal violence and suggested the Tory government should consider bringing in more officers from other detachments to deal with the situation.

Weather Beating the heat



BEN LEMPHERS /METRO EDMONTON

A man cools off by walking past a sprinkler set up in Const. Ezio Faraone park, north of the High Level Bridge, yesterday. Forecasts call for a couple of days of moist, cooler weather before it starts to get better again on Friday.

Birthday killer to learn fate soon

GRYKULIAK A 19-year-old man who fatally stabbed Evan Grykuliak at his 17th birthday party will learn where he'll be serving his sentence next week.

The man, who can't be named under the Youth Criminal Justice Act, pleaded guilty to second-degree murder, and was sentenced last week to life in prison with no chance of parole for seven years.

A judge will decide on Aug. 26 whether to lift the publication ban on his name, and whether he'll be serving his time in an adult or youth prison.

The convicted killer, who was 17 at the time of the murder, appeared briefly in provincial court yesterday.

On Nov.19, 2006, Grykuliak was celebrating his 17th birthday at the LaPerle Community Hall, when the killer showed up to the party uninvited with a group of friends. A fight broke out, and the teen was stabbed several times.

VICTORIA HANDYSIDES/ METRO EDMONTON

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What's online today.

Watch a recap of yesterday's Olympic action and a report on Montreal's emergence as a world capital for online adult entertainment
Check movie showtimes, trailers and reviews at metronews.ca/movies
Search for jobs using Metro's Workopolis search
Play online Crosswords!

Man threatens and attacks city police

ASSAULT A 27-year-old man is in custody after putting up a bizarre fight with police officers yesterday morning, including punching one cop in the head several times while he was in handcuffs.

Police said a man walked off the sidewalk near Jasper Avenue and 95 Street about 2:30 a.m., stood in front of a patrol car and began gesticulating and pretending he had a gun.

The suspect then ran to his vehicle and took off, sparking a short police chase.

The man was apprehended and cuffed at 106 Avenue and 84 Street. After punching one officer while he was in handcuffs, it took several officers to control him, police said.

Police believe the attacks were drug-related.

Julio Garcia is charged with mischief under $5,000, criminal flight and assaulting a police officer.

JEFF CUMMINGS/METRO EDMONTON

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Mounties uncover stash of ecstasy pills

RCMP officers found one million ecstasy pills in a motorhome pulled over during a traffic patrol yesterday on the Trans-Canada Highway in Manitoba, CBC News reported. The drugs have an estimated street value of $20 million. METRO NEWS SERVICES

Canada

Cars of drunk drivers seized

The Ontario government is now seizing cars owned or driven by repeat drunk drivers under the province's amended civil forfeiture law, the first program of its kind in Canada, CBC News online reports. Under the amended law, which was passed last February, the government can sell or give away a car owned or driven by a driver involved in two or more drinking and driving offences within the past 10 years. METRO NEWS SERVICES

Dispute over Arctic may get frostier

POLITICS Canada's relations with Russia over disputed Arctic territory could become frostier as NATO members seek to discipline the country for its invasion of Georgia, a top aide to Prime Minister Stephen Harper said.

Canada, Russia and a number of other countries have laid claim to unmapped territory in the Arctic that may hold valuable oil and gas deposits.

The soft spot in bilateral relations has seen Russian reconnaissance aircraft enter Canadian airspace without permission in recent months.

Harper will take his cabinet to the Arctic next week for a four-day tour to highlight the importance the Conservative government places on the issue of northern sovereignty.

"He might make some statements up there … but in terms of how we're going to punish the Russians, there's not much we can do," said Rob Huebert of the University of Calgary's Centre for Military and Strategic Studies. TORSTAR NEWS SERVICE

Ottawa **Terror trial**

REUTERS/CHRIS WATTIE

Momin Khawaja, left, is transported from the Ottawa courthouse yesterday following a day of hearings. Khawaja, a Canadian software developer, is accused of helping plan bomb attacks in Britain.

Chrétien hypocritical: PM

POLITICS Prime Minister Stephen Harper says Jean Chrétien is "hypocritical" in his criticism of the Conservative approach to China.

Smarting from Chrétien's scolding this week in Quebec that Harper's failure to go to China risks hurting Canadian business interests, the Prime Minister himself pushed back hard.

At a news conference in Hamilton, Harper dismissed the significance of his absence at an Olympics attended by about 80 world leaders including U.S. President George W. Bush, who made time to mix sport and politics in Beijing.

> **"I don't always do what Mr. Bush does."**
> Stephen Harper

"I don't always do what Mr. Bush does," Harper told reporters.

"And I would just point out that Mr. Chrétien almost never attended Olympics when he was Prime Minister … so Mr. Chrétien is being a bit hypocritical."

Chrétien's comments came in Quebec City where he accused Harper of failing to nurture Canada's relationship with the economic powerhouse that China has become.

Chrétien said he and Harper's other predecessors did not masquerade as the "nouveau petit chien des États-Unis" — the newest lapdog of the U.S. "We all had an attitude that was independent," Chrétien said. TORSTAR NEWS SERVICE

Election in fall likely

With a public exchange of taunts and dares, Prime Minister Stephen Harper and Liberal Leader Stéphane Dion are signalling a fall election is all but certain.

It appears to be a question of when, not if. Harper said yesterday he would consult the other parties about the likelihood of a "productive fall session" and contacted Dion's office to set the wheels in motion.

Harper chided the Liberals for waffling on their election threats and repeated his own.

"The fact of the matter is that what I will have to decide over the next few weeks is … whether in fact the government needs a new mandate," he said.

Dion "has indicated that the government should be defeated, but he's not sure when he'll do that because he hasn't got good enough polls," Harper added. "I don't think that's a particularly responsible position."

At a press conference in Ottawa, Dion said Canadians are ready for an election and that he's ready to replace a prime minister he says can't be believed or trusted. But how he is going to go about precipitating that election remains elusive.

Dion would not be specific about when and how he might bring down the government.

The Bloc Québécois and the NDP have already stated that they want to defeat the government at the earliest opportunity, Harper said. TORSTAR NEWS SERVICE

Shot at Tories

• "This (Conservative) government is wracked with major ethical problems," said Liberal leader Stéphane Dion yesterday, recalling broken promises and an RCMP raid on Conservative headquarters earlier this year related to an election-financing scheme.

Privacy boss wants names in court cases hidden

NAMES Their names are at the centre of some of history's famous trials. Louis Riel. Paul Bernardo. Joan of Arc. But what if Joan were known only as A.O.J. or Bernardo as simply B.P.?

It may sound strange, but finding out the names of people involved in cases before the justice system will become more difficult — and involve decoding initials — if Canada's privacy commissioner has her way.

Jennifer Stoddart is proposing radical changes to the long-standing rule that courts are open to public scrutiny. Under the proposal, names and personal information would be removed from judges' decisions. Initials would replace actual names, she said. TORSTAR NEWS SERVICE

News in brief

FUNERAL Cpl. Josh Roberts was laid to rest in Saskatoon yesterday. METRO NEWS SERVICE

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New book on Bush out Sept. 8

U.S. journalist Bob Woodward, best known for his investigations into the Watergate scandal, will release his fourth book on President George W. Bush on Sept. 8, entitled The War Within: A Secret White House History 2006-2008. REUTERS

World/Business

Russia drags its heels

NATO, UN Security Council push for quick withdrawal

The Kremlin said its forces would pull back from Georgia's heartland by Friday to positions set out under a French-brokered peace plan, amid mounting Western criticism about the slowness of the troop withdrawal.

Washington said it had yet to see any serious pullout and accused Russia of targeting civilians and wanting to strangle Georgia.

"It's becoming more and more the outlaw in this conflict," U.S. Secretary of State Condoleezza Rice said of Russia, escalating a stream of criticism from Washington.

"They intend and probably still do intend to strangle Georgia and its economy," she said in Brussels, where she attended a NATO meeting on the crisis.

In Gori, a strategic town on Georgia's main east-west highway, six Russian armoured personnel carriers, three tanks and two other vehicles headed towards Russia yesterday in what Moscow said was the start of its promised withdrawal.

But nearby other Russian troops were seen digging trenches near artillery positions. In parts of western Georgia, far from the breakaway South Ossetia region at the heart of the conflict, Russian forces also showed no sign of preparing to depart.

Britain's Foreign Secretary David Miliband, in Tbilisi, said continued delays would seriously damage Moscow's reputation.

"With every commitment (to leave) and with every failure to live up to that commitment, the international pressure will grow (on Russia)," he told a joint news conference with Georgian President Mikheil Saakashvili.

"A country relies on the word of its president being its bond," he said.

The U.S. Treasury said Russia had hurt its business climate with its decision to send troops into Georgia, which it called a "Cold War tactic."

The Kremlin quoted Russian President Dmitry Medvedev as telling French President Nicolas Sarkozy by telephone that most Russian forces would withdraw to Russia or to South Ossetia by Aug. 22, leaving some troops in a buffer zone around the breakaway region.

REUTERS

Dmitry Medvedev

UN resolution

The UN Security Council met yesterday to discuss a resolution demanding:

- Ceasefire compliance
- The return of Georgian forces to their usual bases
- Russia's immediate withdrawal to lines held before the recent conflict.

Russia's UN ambassador says it can't support the draft because it doesn't include points from the mutually signed peace plan.

10 French soldiers killed in ambush

AFGHANISTAN French President Nicolas Sarkozy prepared to fly to Afghanistan a day after 10 French soldiers were killed and 21 wounded in a clash with Taliban, and declared France remained committed to its mission there.

"The cause is just. It is an honour for France and its army to defend it," Sarkozy said in a statement.

The soldiers were killed Monday when their unit was ambushed on a reconnaissance mission east of Kabul on Monday. REUTERS

News in brief

MOSCOW Mikhail Mukasei, a well-decorated Soviet spy codenamed "Zephyr" who worked undercover in Europe and the United States for more than a quarter of a century has died at age 101, Russia's foreign intelligence agency (SVR) said yesterday. During World War II, Mukasei gathered "highly valued" information linked to Japan's wartime threat to the Soviet Union.

CAIRO A massive fire gutted the main building of Egypt's upper house of parliament yesterday, injuring 10. More than a dozen fire engines and helicopters were called to the scene. State-run media said the cause was probably a short-circuit. REUTERS

Pakistani coalition divided

ATHAR HUSSAIN/REUTERS

Lawyers celebrate Musharraf's resignation in Karachi yesterday.

ISLAMABAD A day after President Pervez Musharraf quit, Pakistan's fractious coalition government squabbled over the judiciary and a suicide bomb killed 25 people, underscoring the challenges they face.

Coalition leaders, who opposed Musharraf, met to tackle pressing economic and security problems and to discuss a new president, but got bogged down over the fate of judges Musharraf purged last year.

The bickering, and the prospects of more to come, are likely to dismay investors and allies. "If they cannot agree on the restoration of the judges ... clearly something is not right with the coalition," said analyst Farid Khan.

> **"If the coalition can't agree on the judges, something is not right."**
> Farid Khan, analyst

Security is also a huge problem. In the northern Pakistani town of Dera Ismail Khan, a Taliban bomber struck a hospital as Shi'ite Muslims protested against the killing of a leader earlier in the day.

Elsewhere in the northwest, 20 militants were killed in a clash, the government said.

The two main coalition parties who must now deal with these problems were bitter rivals through the 1990s when Benazir Bhutto and Nawiz Sharif severed alternating terms as prime minister. Analysts have said opposition to Musharraf bonded the old rivals and his departure could see them drift apart.

REUTERS

Business

Russian-Canadian energy deals at risk

Prime Minister Stephen Harper allowed yesterday for the possibility of commercial natural gas deals with Russia being put at risk by Russia's military actions in neighbouring Georgia.

Asked if such deals could be at risk, Harper said: "We're examining obviously all aspects of our relationship. We're obviously focusing on aspects that have to do with the strategic and military situation, but we will of course review everything."

In May, Russia's Gazprom, the world's largest natural gas company, announced it was joining Enbridge Inc, Gaz Metro and Gaz de France in developing an $840 million Cdn liquefied natural gas project on the St. Lawrence River at Levis, across from Quebec City.

The 500-million cubic feet of gas a day from the plant would supply the Quebec and Ontario markets. REUTERS

Newfoundland and Chevron to sign Hebron deal today

OIL Newfoundland and Chevron Corp. will sign a deal today to develop the $6-billion Hebron oil field, the province's fourth offshore producing project, the government said.

The formal deal comes a year after Premier Danny Williams and the oil companies agreed to a memorandum of understanding to give Newfoundland a 4.9 per cent stake in the field for $110 million.

The field, located in the Jeanne d'Arc Basin, is co-owned by Petro-Canada, Exxon Mobil Corp. and StatoilHydro. REUTERS

Google invests in new energy source

ENERGY Google Inc. said yesterday it is investing more than $10 million US in emerging geothermal energy technology to clean up the environment. The technology, called enhanced geothermal systems (EGS) circulates water through hot rocks in the ground, producing steam to power a turbine. REUTERS

In brief

TELEMARKETING The creators of the "do not call" registry have decided to tighten rules restricting prerecorded sales calls, forcing telemarketers with prerecorded messages to give consumers a way to opt out in the United States.

IPHONE Apple Inc. has issued a software update for the latest iPhone to fix connection problems that led to a flurry of online complaints. REUTERS

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Baseball

Despite a 4-0 win over the Netherlands, Canada was eliminated from medal contention in baseball yesterday. Brooks McNiven of Vancouver, left, allowed just a single hit and no walks over six innings. METRO NEWS SERVICES

Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Despatie exceeds expectations

Canadian diver overcomes injury to snatch silver in Beijing

YorkReport

Marty York

marty.york@metronews.ca

Members of the Canadian Olympic Committee, who are responsible for anything and everything regarding this country's involvement in the Games, did not think diver Alexandre Despatie would win a medal in Beijing.

I know because, while preparing for Metro's coverage of the Olympics a few months ago, I picked the brains of several COC members in an effort to determine who Canadians could count on to garner medals during these Olympics. I took notes, of course, but I assured the members they wouldn't be identified, so they shared their thoughts.

"The obvious medal hopefuls," one of the COC voices told me, "are the men's eight rowing team and (kayaker) Adam van Koeverden. Brent Hayden is a world-class swimmer and we think he has a great chance, too. And we think Tyler Christopher has a shot in track."

"What about Despatie?" I asked. "He's a world champion."

"We don't think he can overcome his injury problems," came the reply. "He was probably our best bet before he got hurt, but we don't like his chances now."

OnlineVideos metronews.ca

So see what the COC saw?

It was bang-on about the men's eight and probably will be by the time van Koeverden is done this week, but Hayden and Christopher came up short.

And, despite a foot injury and back problems, Despatie finished second yesterday in the men's three-metre springboard in Beijing.

"I could sense people gave up on me," the 23-year-old Quebecer said. "I knew what they were thinking and I might have had the same opinion about myself if I didn't know myself so well. I knew I could bounce back."

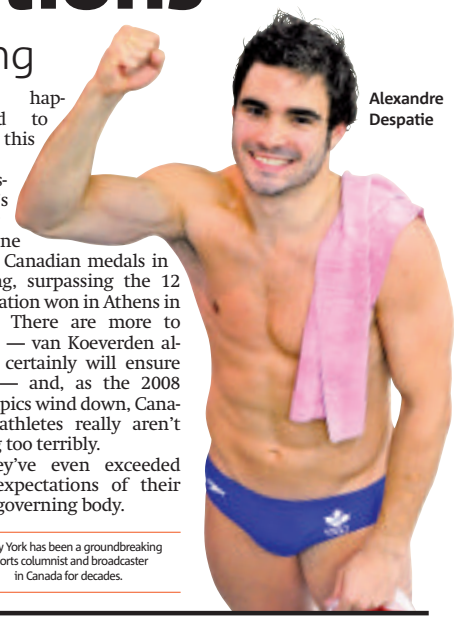
Despatie fractured his right foot in April after kicking, of all things, a soccer ball. That caused him to miss seven weeks of training and prevented him from attending the Olympic diving trials. He qualified for the Olympics in early July, only after attending the Canadian junior national championships and proving his fitness to a panel of judges.

"I had to prove a lot to many people, but I never gave up hope on myself," Despatie said. "And, as far as I'm concerned, my silver medal is gold to me, because of all the bad things that happened to me this year."

Despatie's silver is one of 13 Canadian medals in Beijing, surpassing the 12 our nation won in Athens in 2004. There are more to come — van Koeverden almost certainly will ensure that — and, as the 2008 Olympics wind down, Canada's athletes really aren't doing too terribly.

They've even exceeded the expectations of their own governing body.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.



Alexandre Despatie

STEVE RUSSELL/TORSTAR NEWS SERVICE

Toronto's Jason Burnett jumped to Canada's second silver in trampoline in as many days yesterday in Beijing. Toronto's Karen Cockburn won the first on Monday.

Burnett flips way to silver

Not to be flip about it. But Canada just got bounced out of gold in trampoline yesterday.

Pipped at the post by China again, and this time home field advantage may have had something to do with the outcome.

Exhibit A: Jason Burnett, with a 16.8 degree of difficulty in his 10-trick routine, hardest program in the field, certainly riskiest, particularly that double layout with four twists — going backwards.

Exhibit B: Lu Chunlong, with a 16.2 degree of difficulty, nice but not especially notable.

Must have picked up lots of form points, however, to seize gold, the "execution" part of trampoline a totally subjective judgment, in front of an audience that might not have accepted anything less. Own the podium indeed.

Burnett, the 21-year-old Toronto resident was second out of the chute yesterday, scoring 40.70. Lu, top qualifier, got up on the apparatus last and came down with 41.00.

"I think the home crowd advantage gave the Chinese lad a bit of a boost," Canadian coach and trampoline guru Dave Ross suggested mildly. "That was enough to put Jason into second place. To me, he did the best routine today."

No matter, really. Burnett was over the moon about his silver medal, which matched the result from 24 hours previous by teammate Karen Cockburn, similarly inched out by a Chinese female.

"That rocks! That was awesome!" Burnett crowed after climbing down from the second-step podium.

He would not be drawn into any unsportsmanlike commentary about the scoring or the hypothesis that he'd been jobbed. "Some people might think so but I can't say."

TORSTAR NEWS SERVICE

Sports in brief

CANOE-KAYAK Canadian Adam van Koeverden got the defence of his Olympic K-1 500 metres title off to the perfect start yesterday, beating his own world best time. Van Koeverden, unbeaten during the 2008 World Cup season, won the first heat of the day in 1:35.554.

SOCCER Sergio Aguero scored twice as Argentina defeated Brazil 3-0 yesterday in an Olympic semifinal between two of the world's greatest men's soccer powers. Nigeria reached the final with a 4-1 thrashing of Belgium in the other semifinal.

SWIMMING Larisa Ilchenko of Russia won the gold medal in the women's 10 kilometre swim early this morning in a time of 1:59:27.7. Keri-Anne Payne of Britain won silver in 1:59:29.2 and Cassie Patten of Britain the bronze in 1:59:31.0. REUTERS

Photo finish nets medal for Canadian

ATHLETICS Canadian Priscilla Lopes-Schliep won bronze in the women's 100-metre hurdles yesterday at the Beijing Olympics in photo finish.

Dawn Harper of the United States raced to the gold in 12.54 seconds, but there was no clear silver or bronze winners among a group of four women who trailed her.

After a couple of minutes wait, Australia's Sally McLellan was awarded silver and Lopes-Schliep, a native of Whitby, Ont., took bronze with the same time of 12.64.

McLellan and Lopes-Schliep, 25, jumped up and down hugging each other when the result was finally flashed up on the screen.

"It was really close, when I saw 'photo finish.' I was on pins and needles, I didn't know what happened," Lopes-Schliep told CBC Sports. "All of us just dipped for that line. It was an intense race and I came through and got the third, so I'm very pleased."

Lopes-Schliep's medal is Canada's first Olympic athletics medal since the 1996 Atlanta Games.

Harper's golden win came at the expense of American favourite Lolo Jones, who lost control after hitting her second-to-last hurdle and stumbling to a seventh-place finish.

"You hit a hurdle about twice a year where it affects your race," said a tearful Jones. "It's just a shame that it was on the biggest race of my life."

METRO NEWS SERVICES

JEFF GROSS/GETTY IMAGES

Bronze medallist Priscilla Lopes-Schliep of Canada, right, leaps into the arms of silver winner Sally McLellan of Australia after the results of the women's 100-metre hurdles final were announced.

Medal count

Rank	Nation				Total
#1	U.S.	26	26	27	79
#2	China	43	14	19	76
#3	Russia	10	14	18	42
#4	Australia	11	12	12	35
#5	Britain	16	9	8	33
#6	France	4	11	14	29
#7	Germany	11	8	9	28
#8	South Korea	8	10	6	24
#9	Japan	8	6	8	22
#10	Italy	6	6	7	19
#11	Ukraine	5	4	8	17
#12	Netherlands	4	5	4	13
#13	Canada	2	6	5	13

(Count at the end of Day 11)

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Southgate Mall
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9915 - 108A Ave. NW

WEST END

100 - 10429 178th St.
9935 170th St.
10620 178th St.
17508 Stony Plain Rd.

NORTH

5 - 14220 Yellowhead Trail
14903 118th Ave.
9624 165th Ave.
12714 137th Ave.
13034 50th St.

SOUTH

10309 34th Ave.
4909 99th St.
4515 Gateway Blvd.
5926 99th St. NW
5912 104th St.

Fort Saskatchewan

9542 86th Ave.
9914 103rd St.

Leduc

6B - 5904 50th St.
5205 50th Ave.
7 - 6109 45th St.

Sherwood Park

Sherwood Park Mall
973 Ordze Rd.
162 (Roadking) - 26 Strathmoor Dr.

Spruce Grove

116 Westland Market Mall
30 - 96 Campsite Rd.

St. Albert

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Cobourne captures weekly CFL honours

Three Montreal Alouettes, including running back Avon Cobourne, were among those selected as the CFL's top players for Week 8. The defensive prize went to Montreal defensive tackle Keron Williams Toronto's Dominique Dorsey captured the special teams honor. METRO NEWS SERVICES

Sports

Red Sox' Beckett to miss next start

Boston Red Sox starting pitcher Josh Beckett, left, will miss his scheduled start against the Blue Jays on Saturday due to numbness in the pinky and ring fingers on his right hand. The 28-year-old righty confirmed he has persevered through the injury for most of the season and felt he needed some time off. Beckett was roughed up for eight runs on eight hits in less than three innings against Toronto on Sunday, and is just 2-4 in his last six starts. METRO NEWS SERVICES

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Blue Jays topple Yankees

Damon's misplay in outfield allows winning run

Blue Jays 2 Yankees 1

Twice, Johnny Damon had balls clank in and out of his glove last night.

The first time, he took an error but the Yanks escaped unscathed. The second was deadly, pushing across the margin of victory in a large 2-1 Blue Jay win over the New York Yankees.

Marco Scutaro did the delivering with what was ruled a double, cashing a two-out Joe Inglett single with a ball Damon trailed to the warning track — then dropped.

Prime beneficiary — besides the Jays, we mean — was A.J. Burnett, who climbed to 16-9 with eight innings of 13-strikeout five-hitter. It was his sixth straight win. B.J. Ryan worked a one-hit ninth for his 24th save.

Adam Lind ripped a one-out homer in the seventh to square a game the Jays had trailed since the first.

Yankees starter Darrell Rasner had toted a two-hit shutout into the seventh but Lind disrupted that with a jolt that carried majestically — just — into the New York bullpen.

A 3-2 slider, apparently, giving Lind nine homers on the season and three in as many games.

"I didn't think he got it. It didn't sound good off the bat but we kept talking to it and it listened," Burnett said of Lind's home run.

Of his own mound exploits, Burnett was somewhat modest. Even though he's been scorching lately, he didn't want to talk about hitting the 20-victory mark.

"Probably too early to talk about 20 wins. Way too early," he said.

Jays manager Cito Gaston felt some sympathy for Yankees goat Damon.

"This guy's a good outfielder. I think if the roof's closed, that's gonna be a home run anyway. That ball started to get small real quick then just got knocked down," said Gaston, who was nonetheless glad to take the run and the victory.

"It would have been a tough one to lose, any time you get that kind of pitching performance," Gaston added.

The come-from-behind verdict before 37,221 at the Rogers Centre nudged the Jays five games over .500 for the first time since May 30 and to within a game of the Yankees for third place in the AL East.

Last night's showdown marked the third game in a killer run of 28 straight against teams ranked ahead of them in the wild-card chase.

That would be division rivals Tampa, Boston (here for three beginning Friday) and the Yankees, of course, but also Central Division front-runners Chicago and Minnesota.

TORSTAR NEWS SERVICE

AARON LYNETT/TORSTAR

Toronto Blue Jays starter A.J. Burnett pitched eight innings, allowing only five hits and one run while striking out 13 batters to lead the Jays to a 2-1 win over the New York Yankees last night.

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Eskimos bring back D-lineman Wayne

CFL The Edmonton Eskimos signed defensive tackle Clinton Wayne yesterday.

The eight-year veteran was released by the Tiger-Cats earlier this year. In 2007, Wayne made 13 starts for Hamilton, making 16 tackles, two tackles for losses and one forced fumble.

Clinton Wayne

After being drafted with the 21st overall pick in the 2000 CFL Canadian College Draft by Calgary, Wayne has played in 102 games and has been in the Grey Cup.

This will be his second stint with Edmonton after he spent parts of the 2004 and 2005 seasons with the Eskimos.

Wayne has also played for the Blue Bombers and the Renegades.

METRO NEWS SERVICES

Canada wins, but eliminated

BASEBALL Canada's entry at the Little League World Series finally has its first win. The squad from B.C., rallied for five runs en route to a 7-5 win over Saudi Arabia. They finish the round robin at 1-2, which is not good enough to advance.

SCOTT RINTOUL/FOR METRO CANADA

Sports in brief

MLB Baltimore Orioles closer George Sherrill was placed on the 15-day disabled list yesterday with left shoulder inflammation. METRO NEWS SERVICES

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
Tampa Bay	77	48	.616	—
Boston	73	53	.579	4½
N.Y. Yankees	66	59	.528	11
Toronto	65	60	.520	12
Baltimore	60	65	.480	17

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	71	53	.573	—
Minnesota	70	54	.565	1
Detroit	61	64	.488	10½
Cleveland	57	67	.460	14
Kansas City	55	70	.440	16½

WEST DIVISION

	W	L	PCT	GB
L.A. Angels	76	48	.613	—
Texas	62	64	.492	15
Oakland	57	67	.460	19
Seattle	46	78	.371	30

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
N.Y. Mets	69	57	.548	—
Philadelphia	67	58	.536	1½
Florida	64	61	.512	4½
Atlanta	56	70	.444	13
Washington	44	82	.349	25

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	77	48	.616	—
Milwaukee	72	55	.567	6
St. Louis	70	57	.551	8
Houston	64	62	.508	13½
Pittsburgh	56	69	.448	21
Cincinnati	55	71	.437	22½

WEST DIVISION

	W	L	PCT	GB
Arizona	64	60	.516	—
L.A. Dodgers	64	60	.516	—
Colorado	57	69	.452	8
San Francisco	53	71	.427	11
San Diego	48	76	.387	16

LAST NIGHT'S RESULTS

AMERICAN LEAGUE

Toronto 2 N.Y. Yankees 1
Boston 7 Baltimore 2
Cleveland 9 Kansas City 4
Tampa Bay 4 L.A. Angels 2
Detroit at Texas
Oakland at Minnesota
Seattle at Chicago White Sox

NATIONAL LEAGUE

Chicago Cubs 5 Cincinnati 0
Houston 5 Milwaukee 2
N.Y. Mets 7 Atlanta 3
Philadelphia 5 Washington 4
Pittsburgh at St. Louis
San Diego at Arizona
Colorado at L.A. Dodgers
Florida at San Francisco

TODAY'S GAMES

AMERICAN LEAGUE

Oakland at Minnesota, 11:10
Seattle at Chicago W. Sox, 12:05
Boston at Baltimore, 5:05
Kansas City at Cleveland, 5:05
N.Y. Yankees at Toronto, 5:07
L.A. Angels at Tampa Bay, 5:10
Detroit at Texas, 6:05

NATIONAL LEAGUE

Houston at Milwaukee, 12:05
Washington at Philadelphia, 5:05
Atlanta at N.Y. Mets, 5:10
Cincinnati at Chicago Cubs, 6:05
Pittsburgh at St. Louis, 7:15
San Diego at Arizona, 7:40
Colorado at L.A. Dodgers, 8:10
Florida at San Francisco, 8:15

CFL

WEST DIVISION

	W	L	T	PTS
Saskatchewan	6	1	0	12
EDMONTON	**4**	**3**	**0**	**8**
Calgary	4	3	0	8
B.C.	4	3	0	8

EAST DIVISION

	W	L	T	PTS
Montreal	5	3	0	10
Toronto	3	5	0	6
Hamilton	2	6	0	4
Winnipeg	2	6	0	4

WEEK 9

TOMORROW'S GAME

Saskatchewan at **EDMONTON**, 7

FRIDAY'S GAME

Calgary at B.C., 8:30

BASEBALL

GOLDEN BASEBALL LEAGUE GAMES FEATURING THE EDMONTON CRACKER CATS:

LAST NIGHT'S GAME

EDMONTON 7 Reno 2

TONIGHT'S GAME

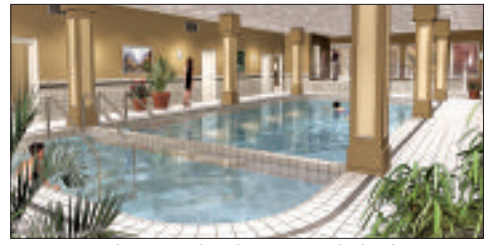
Reno at **EDMONTON**, 7:05

Real Estate

A METRO JOINT VENTURE WITH:
NEW HOME | condo living
HOMES · DESIGN · DÉCOR

Common interests

Amenities becoming must-have condo fixtures


Amenities are becoming the rule in new condo development.

MICHELLE LINDSTROM
for Source Media Group

MY HANDY computer thesaurus defines "amenity" as such: 1) a useful or attractive feature or service, for example, leisure facilities (often used in the plural), and 2) an experience of pleasantness or attractiveness.

Demographics play a large part in the choice of building amenities condos include, but with Edmonton and Calgary growing into quite the metropolitan areas, what once was considered an extravagant feature has since become the standard. Notes Judy Stark in her 2005 St. Petersburg Times piece on the subject: "The fitness centre, the spa, the pool, the concierge desk — once the hallmarks of exclusive, upscale condominiums — are now considered basics, amenities every project must include as a matter of course."

"We've basically dedicated a whole half of the fourth floor to these (amenities)," says Gerry Mendyk, president of Arcus Developments, developer of Astoria on Tenth in Calgary, citing the building's owner's lounge and bar, private cinema and fitness studio overlooking the city, and rooftop terrace. "We wanted to create the ultimate in entertainment and lifestyle amenities to capture the imagination and provide a gracious hotel-style environment."

Mendyk explains the rooms give people a place to congregate and get to know neighbours, which can be challenging in a condo structure due to an absence of a front yard, which single-family home dwellers make use of by waving to and chit-chatting with neighbours.

> **"It's about convenience and community."**
> Brian Scott

Brian Scott, of Edmonton-based Communitas Group, which is developing the Rossdale Green project, agrees with Mendyk's social neighbourhood thinking.

"We believe (amenity rooms) really enhance the strength of the community and people's connections with each other," he says. "It's about convenience and community."

"The feedback we got was that people would be willing to pay more on their own units by having amenity space on the top floor," Scott says, adding his company agrees with its co-operative condo owners that this method of design enhances the value of every household in the complex, not just one or two penthouses as in a typical condo design. He also believes Communitas Group's workshop rooms help those downsizing from single-family homes to ease into condo living, because even though their personal residence does not have space for woodworking, ski waxing or shelf painting, they don't have to abandon their interests.

The frequency of building amenity use comes in to play for buyers to consider. Is it really worth the extra cost for something that can be accessed outside of the complex?

"Surveys show only 16 per cent of residents use (in-condo) amenities," says Judy Hunt, Calgary Churchill Estates sales professional, which is why the builder/developer, Homburg–Centron Teamworks, did not include a fitness or meeting room in this Eau Claire condo.

Communitas Group would never go to the extent of some other Edmonton condo complexes with pools, banks and theatres where, "you literally come home and never have to leave," Scott says.

"It's not meant to replace people from going outside for activities, it's meant to enhance their lives."

EDITED FOR LENGTH BY METRO EDMONTON

Pest control in apartments

You've just moved into your new ground-level apartment, made even more inviting by the fact that the in-ground suite is shelter from the blistering heat outside. You even looked admirably at the property manager's approach to a low-maintenance garden of pine chips and shrubbery outside your window.

Your optimism lasts until your first visit from an unexpected tenant presuming to share the premises.

You watch in horror as the centipede inches its way along the new Berber carpeting and wonder how many of his friends creep undetected in your new abode. Your greatest fears are realized when two more sightings confirm you have a pest problem. But before you call the exterminator, consider what you can do to keep insects out of your apartment and in the pine beds outside.

Canada Mortgage and Housing Corporation's (CMHC) online guide to dealing with pests encourages that apartment-dwellers understand why and how pests enter our homes. Identifying the source of the invasion — whether it's a crack in the foundation, a warped window frame or an opening around a pipe or vent — is the first step to pest-proofing your home. Most of the time, these problems can be easily solved with caulking or spray foam.

More important than eliminating their source of entry is what CMHC refers to as "removing the welcome mat."

Knowing what pests need to survive and thrive will help you identify conditions within your home that may be attracting them.

A keynote to making your home unfriendly to pests is having good housekeeping habits. Every time you leave a pizza box on your coffee table or a sink full of dishes you're ringing the dinner bell for whatever may be lurking.

For tips on pest control and prevention, visit cmhc.ca.

CMHC

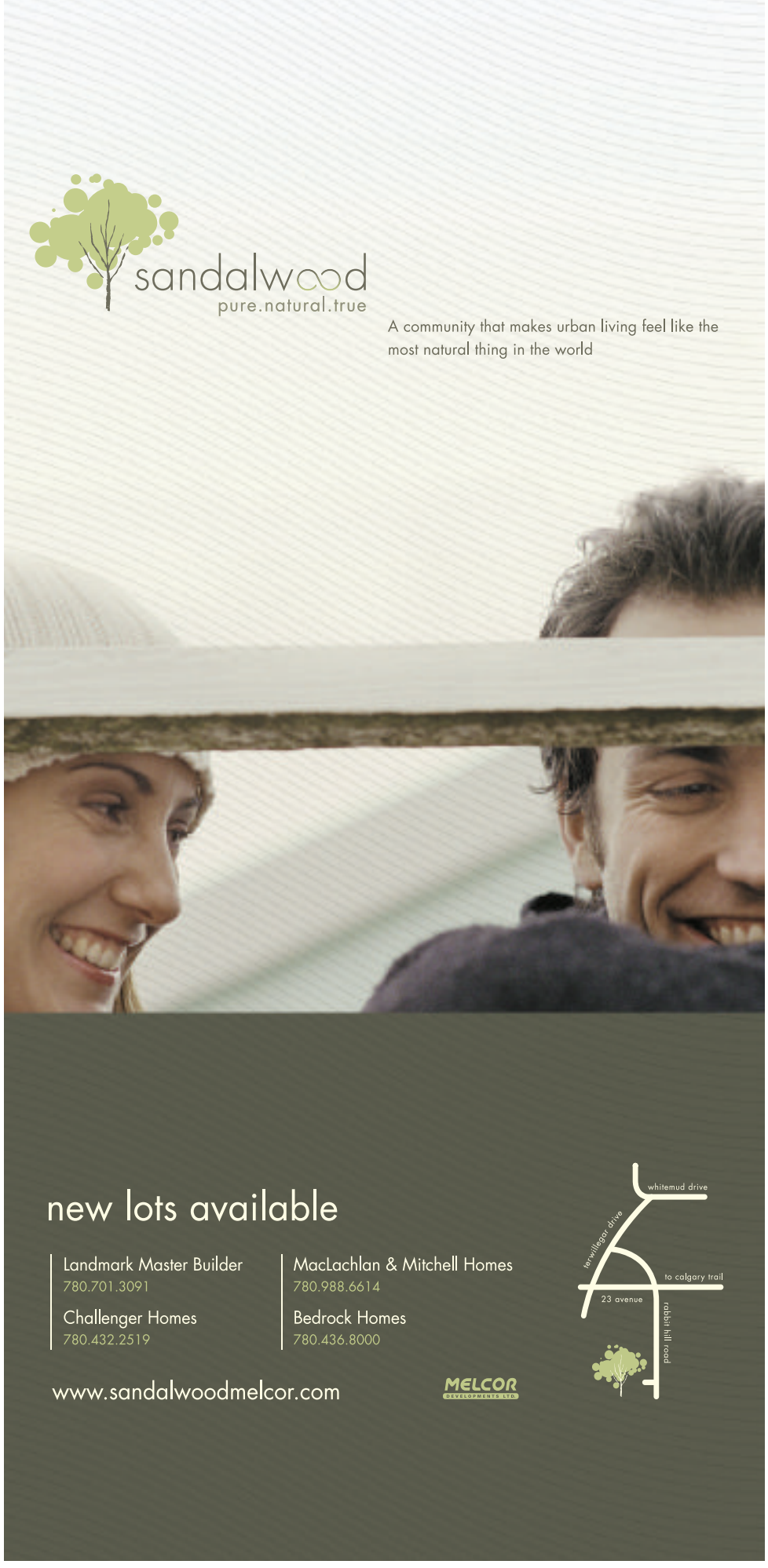
in brief

DÉCOR According to Barbara Schirmeister, colour/design consultant for window fashions leader Hunter Douglas, "Urban Chic" is the hottest colour palette this fall. Urban Chic is defined as fluid neutrals that work together, like grays with taupes, taupes with creams, creams with white and black. These colours are soft, new-looking and contemporary — way beyond minimalism. More information is available online at *hunterdouglas.ca* or toll-free at 1-800-265-1363.

ECO DÉCOR With environmental issues at the top of every agenda, incorporating recycled materials in all sorts of home products is all the rage. But if the thought of using recycled materials in your home conjures up images of abstract art and quirky granola décor, it's time to rewind and give one of today's most progressive home surfaces a closer look. Many high end companies pride themselves on making a positive impact on the environment however possible.

Some home design companies, such as Kohler, have gone so far as to find a way to incorporate recycled and reclaimed materials in many of their cast iron products. Although they are among the most luxurious-looking surfaces, some of Kohler's high-end sinks, bathroom lavatories, bathtubs and shower stalls are actually made from cast iron containing as much as 93 per cent recycled and reclaimed material. Their high-gloss, eternally durable enamel finish is so tough, it's hard to believe this is its second life. And with a limited lifetime warranty, it's a choice you can live with for years to come.

NEWS CANADA



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RATE COMPARISON

Driving Record	Lowest Price	Highest Price	Price Difference
Clean Record	$958	$2,213	$1,255
1 Ticket	$1,018	$2,552	$1,534
1 Accident	$1,849	$3,753	$1,904

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Automotive

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

VW's Tiguan is aimed squarely at CUV competitors such as Honda and Toyota.

Tiguan tempts

Volkswagen's cute-ute has built-in style

MARK ATKINSON
for Metro Canada

Based on the same platform that underpins the Rabbit and Jetta, Volkswagen's Tiguan is a compact five-passenger crossover aimed squarely at Honda's CR-V, the Nissan Rogue and Toyota's RAV4.

Size-wise, the "Tig" is actually quite compact, looking smaller than a CR-V. Blacked-out door pillars help lend a sporty theme to its smart styling, while all models come with a small roof spoiler and front fog lamps.

Inside, the styling takes a bit of a turn away from previous VW efforts by using circular vents, knobs and other controls rather than the squared-off look in the company's Passat, Jetta and Touareg models. Material use is class leading as well, with good ergonomics and plenty of useful storage spots. Even the front passenger seat folds flat to accommodate long items.

As with the conventions set with the rest of the Volkswagen lineup, there are three versions of the Tiguan: Trendline, Comfortline and Highline.

Trendline is the only version available with a six-speed manual transmission and/or front-wheel-drive, and starts at $27,575. It's well-equipped with power everything, heated mirrors, 16-inch wheels, 40/20/20 split folding/sliding rear seats, eight-way adjustable front seats, audio auxiliary input, climate control, cruise control, an electronic parking brake and floor mats. Adding the six-speed automatic hikes the price to $28,975, while opting for the 4Motion (all-wheel-drive) model takes the total to $30,975.

Next up is the Comfortline, which at $33,975 includes upgrades like 17-inch wheels, power driver's seat, black roof rails, heated front seats and washer nozzles, leather-wrapped steering wheel and shift knob, trip computer, snazzier cloth seating, panoramic sunroof and privacy glass.

The loaded $38,375 Highline brings 18-inch wheels, 12-way power seats with memory, auto-dimming interior mirror, automatic bi-xenon headlights, more bright trim, dual-zone climate control, leather seats and more.

Under the hood is VW's familiar 2.0-litre, turbocharged, four-cylinder with a 200-horsepower output. Fuel economy is decent as well: 11.6 L/100 km city and 8.3 L/100 km highway.

The Tiguan's suspension follows its Rabbit/Jetta platform mates, delivering a good balance between athletic reactions and quiet isolation with decent reflexes when needed.

Safety ranks above average for the class, with ABS, stability control and tire-pressure monitoring on all models.

Inside, the styling takes a bit of a turn away from previous VW efforts by using circular vents, knobs and other controls.

2008 VW Tiguan

Type: Compact 5-pass. SUV FWD
Price: $27,575
Engine: 2.0L L4 DOHC Turbo
HP: 200 @ 5,100 rpm
Torque: 206 @ 1,700 rpm

Highlights

- Style and substance in a tidy package
- Power output
- All-wheel drive available
- Athletic reactions
- Standard safety equipment

A true full-size sedan, the Taurus is a roomy, refined and refreshing prospect that may change the way you look at an SUV from now on.

Taurus returns

New version boasts solid space-style combo

B. MCLAUCHLAN
for Metro Canada

Don't go worrying yourself if you think this "new" Taurus looks kinda familiar, you're heading in the right direction. That's 'cause what you see here is a substantially revised version of Ford's former Five Hundred full-size sedan.

A couple of years ago, shortly after a new CEO landed at Ford's Dearborn headquarters, the "last" Taurus rolled out of the automaker's Atlanta plant and the Five Hundred inherited the lead role in Ford's sedan lineup.

Despite its understated appeal, the Five Hundred didn't exactly make waves. So, in one of his first major moves, Ford's new honcho ordered the Five Hundred be totally reworked and the company's hallowed nameplate placed on it. Five hundred changes later, the 2008 Taurus was born.

All in all, it's a noticeably improved car compared with the old "Fiver."

That signature tri-bar grille up front is a focal point, nicely bridging the sleek, sculpted hood and shapely bumper. A chrome "vent" on each front fender makes the Taurus as recognizable from the side as it is from the front. And new tail lamps bookend a strong horizontal treatment highlighted by a shining pair of chrome-tipped exhaust pipes.

The Taurus comes four ways. The very well-equipped base Taurus SEL starts at $29,645 in front-wheel-drive form, but if you prefer the extra traction and security of the SEL with all-wheel-drive that calls for a $31,870 entry fee. There's also a more richly rigged Taurus Limited, identified externally by its chrome door handles, side mirror accents and eyebrow above the rear licence plate. The two-wheel-drive Taurus in Limited trim begins at $35,252 while the all-wheel-drive version carries a $37,922 sticker price.

After a week with our loaded all-wheel-drive Limited model, which stickered at around $45,000, we'd say the upgrades to this reborn Taurus were a success.

The key change is a new 3.5-litre V6 which replaces the previous 3.0-litre Duratec six. Horsepower jumps by 60 to 263 hp, with a similarly substantial bump in the torque department top that helps deliver better off-the-line performance. Simply put, there's now enough power going through the standard six-speed automatic transmission to move out this new five-seat sedan respectfully.

Note too, that by today's standards this is a rare, proper, full-size family sedan, with a capital "F."

2008 Ford Taurus Limited AWD

Type: Full-size 5-pass. sedan AWD
Price: $37,922
Engine: 3.5L V6 DOHC
HP: 263 @ 6,250 rpm
Torque: 249 @ 4,500 rpm

Highlights

- Crisp fashionable styling
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- Improved performance
- Generous trunk room
- Safety protection

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Turtle tale

Xcaret Park on the Mayan Riviera is celebrating its sea turtle conservation program with a kid- friendly exhibit called 15 Years of Sea Turtles, Xcaret, 1993-2008. The program has protected and released more than 1,900 turtles. METRO NEWS SERVICES

Travel

Comfy pet travel

Travel can be stressful for many dogs and cats long before you factor in those hard containers with cage-style doors and windows. The Sleepypod, left, is a versatile alternative that lets a pet up to 15 pounds stretch out in comfort. The dome top can be removed or adjusted to minimize fear and stress. The Sleepypod can fit in the back seat of a car; a Sleepypod Mini suits pets up to seven pounds, and fits under an airplane seat. Visit *meowme.com*. METRO NEWS SERVICES

TRAVELDESK@METRONEWS.CA

At Coastal Trek, hiking's the thing

Vancouver Island wellness retreat just what the doctor ordered

ANNE DIMON
for Metro Canada

It's 6 a.m. when Tracy knocks on my door. Her cheery "good morning" is just loud enough to make sure I'm awake.

It's time for Sunrise Yoga at Coastal Trek Health and Fitness and sure enough, a bright orange crescent is peaking over the Coastal Mountains. Hugging a remote location on the edge of Forbidden Plateau, 20 minutes from the town of Comax and a three-hour drive from Victoria, this intimate, family-run retreat is all about health and fitness.

"It's not a boot camp," says Andrea Stuchbery, who with her husband, Shayne, owns and operates the resort, "but a structured program designed to inspire guests to adopt a healthy, balanced lifestyle through fitness and healthy eating."

Overlooking the evergreen-studded Comax Valley, Georgia Strait and the mountain range beyond, the timber-framed west coast-style lodge houses 12 guestrooms, kitchen, dining room, fitness studio and a small spa. There's also a Great Room with a stone fireplace hand-crafted by a local artist.

Following yoga class, breakfast is served on a dining room table carved from one massive tree trunk. Over fruit, yogurt, cereal toast and eggs cooked-to-order, lead hiking guide Mike Blake, explains today's outing. From a selection of about 100 nearby options, a different hike is scheduled each day based on the interests and fitness levels of guests.

We pick up bottles of water, our picnic lunches and head to the nearby town of Campbell River. Since, today's hike will take us to Cortez Island, our little group is hitching a ride from Captain Dan Williams and The Morningstar, a sturdy, six-passenger, aluminum work boat.

An hour later we cruise into Cortez Bay for the 90-minute hike up to Hague Lake in Kw'as Park where we stop for a lunch of quinoa salad, baby carrots just pulled out of a local farmers garden, an organic peach and a trail mix of almonds and dried cranberries. Healthy eating is all part of the deal.

Today's hiking outing is shorter than most because there's an afternoon cooking class with Chef Cathy. Good thing too, says Mike, because today's hike is simply, "an appetizer for tomorrow."

Back in the kitchen, while snacking on miniature heirloom tomatoes, we learn how to make gazpacho and a low-fat roasted tomato vinaigrette.

COASTAL TREK HEALTH AND FITNESS RESORT

ANNE DIMON/FOR METRO CANADA

ANNE DIMON/FOR METRO CANADA

Above: Hiking for health and fitness is the flagship activity of this family-run inn on Vancouver Island.
Top right: Coastal Trek owner Shayne Stuchbery entertains guests. Right: A view of the Comax Valley from the deck of Coastal Trek.

Except for the last night of each seven-day program, there is no alcohol served here — yes, it's a health retreat — but during the cooking class, the chef surprises us by opening a bottle of sparkling wine to enjoy during the demo and tasting.

Dinner, always served at 6 p.m., is a group affair and meals are delicious and artfully presented. "And, so satisfying," says Rene, a San Francisco lawyer, "that you don't even notice you're eating healthy."

Andrea and Shayne set the tone for the care, nurturing and relaxed casualness that gives this place a special feel.

One afternoon finds Andrea in the kitchen hand-rolling sushi for dinner. One evening Shane grabs his guitar and entertains as we all sit around the fireplace. It's a nice, warm family feel.

"The feeling of being nurtured and cared for made me extend my stay by another two weeks," says Libby Lumley, an English school teacher who lives and teaches in China.

Evenings are very quiet. Guests enjoy massages in the two lower-level treatment rooms, sit around the fireplace reading or chatting, or simply head to bed.

For each day brings another day of hiking — and tomorrow, it's the big one — a 27 km trek across Forbidden Plateau.

Yes. I did it, and to reward myself I passed on the Sunrise Yoga and slept in.

Coastal Trek

- Coastal Trek Health & Fitness is open May to October and the minimum stay is seven days.
- For more information, visit *coastaltrekresort.com*.

"It's not a boot camp, but a structured program designed to inspire guests to adopt a healthy, balanced lifestyle." Andrea Stuchbery

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Ancestral Scots from around the world will be heading to the mother country next year for Homecoming Scotland 2009, a year-long celebration of Scottish heritage that culminates in the world's largest ever clan gathering on July 25 and 26 in Edinburgh. See *homecomingscotland2009.com* and *visitscotland.com*. METRO NEWS SERVICES

Witnessing extreme acts of faith

For the uninitiated, self-harm in the name of religion can be hard to grasp

TheTravelJunkie
Julia Dimon
thetraveljunkie.ca

A dozen spiritual leaders sit in a neat row. Heads wrapped in green fabric, they chant in harmony; their palms drum faster on tambourines and the music grows more intense. I know what lies ahead and I'm worried.

"This is one of those random travel moments when I have to ask myself, 'Is this really happening?'"

I'm attending a lesser-known event that happens in the recesses of the Kataragama festival, a two-week long holy gathering in Sri Lanka that attracts 100,000 Hindu, Buddhist and Muslim pilgrims. Devotees, many of whom travel for weeks to get to this auspicious city, have come to worship and perform acts of self-mutilation.

Seated in a semi-circle among the crowd, I watch as a man with a long grey beard and a white sarong wrapped around his waist steps up. He starts dancing around, slowly working himself into a trance.

JULIA DIMON/FOR METRO CANADA

Deep in a religious trance, pilgrims perform acts of self-mutilation to show their faith.

Next to a few sticks of burning incense, I see a set of tools, like something out of a medieval torturer's handbook. He reaches for them, preparing to do the unfathomable. I recoil as he takes a knife and hammers it into his own skull. To the worshippers, this a chance to prove their complete devotion to God.

The drums beat faster. The man, unfazed by the knife poking out of his head, reaches for a second knife. He hammers the sharp end in with a small rock. The pain must be excruciating, but in this trance-like state of mind, he appears to feel nothing.

He dances around, with two knives sticking out of his head. I watch transfixed. This is one of those random travel moments when I have to ask myself, "Is this really happening?"

A succession of people get up to perform a variety of gut-wrenching acts. One man's cheek is pierced and nailed to a nearby palm tree; another man cuts his own tongue. Then a young boy who looks about 13 is pulled from the crowd. He calmly offers his arm, which is pierced with a long metallic shard.

I'm not particularly religious, and I find it hard to understand why people would do these things to themselves. I learn that there can be a variety of reasons for such acts — voluntary self-punishment, proclamation of faith and proof of invincibility among them. It seems that around the world, across many major faiths and throughout history, self-mutilation for religious purposes is a recurring theme.

An eye-opening experience, for certain.

Julia Dimon is co-host of Word Travels, airing on OLN, and editor of thetraveljunkie.ca.

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metro Do it daily.

Fringe Festival pick

Join Edmonton playwright Lyle Victor Albert as he strolls down memory lane with his protagonist whose dad, he believes, is Mick Jagger. A Stones soundtrack helps us look deeper at who he is and where he came from. At the Fringe, Stage 4, Thursday, 4 p.m. and Saturday, 6:30. METRO

Entertainment

Sleeper for Tom

Tom Cruise is striking while the Iron Man (and Batman) are hot, eyeing a comic-book adaptation of his own. According to the Hollywood Reporter, Cruise will develop DC Comics' Sleeper. E! ONLINE

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

The Rocker never really gets rolling

BRIAN TOWIE
brian.towie@metronews.ca

The Rocker

Director: Peter Cattaneo
Stars: Rainn Wilson, Josh Gad
Classification: PG-13
Rating: ⊕⊕

REVIEW The Rocker isn't exactly a detestable knockoff of The School of Rock, but it's about as original, and as funny, as a Yesterday cover.

Rainn Wilson plays Fish, a 1980s hair metal drummer axed from his band just before they hit superstardom. He gets his second chance some 20 years later drumming for his teen nephew's (Josh Gad) alt-rock group, after a clip of Fish rehearsing in the buff makes its way on the Internet, propelling the band to superstardom.

It's a recycled premise and the story arcs play out to formula: Burnt-out, heavy metal man-child brings nebbish, insecure kids out of their shells by educating them about the greatness of the rock gods who trod the paths currently before them, while he gains a sense of parental responsibility as the exchanges progress.

The Peter Cattaneo-directed (The Full Monty) film is far too sterilized for the Hannah Montana-tween audiences to gain the momentum needed for any real laughs, and the script doesn't play to Wilson's ironic and cerebral comedic strengths. He doesn't have Jack Black's wild-child rock n' roll mojo which made his 2003 comedy The School of Rock a success.

Maybe we're just too accustomed to Wilson's stellar and anal-retentive buffoonery as The Office's Dwight Schrute, but lines like, "I'm going to be responsible … for partying 'til my nuts catch fire!" never seem to go over the way they should.

The film does have its bright lights. Saturday Night Live's Jason Sudeikis plays the sleazebag manager to a tee. Will Arnett, so adept at the role of the heavy, shines once again as the pretentious and corrupt airhead lead singer of the band that exiled Fish so many moons ago.

That said, The Rocker feels like the kind of skit SNL runs after 12:30 a.m., the one that gets moderate chuckles within its first few minutes but wears out its welcome all too quickly.

In short: Ho ho ho … blah.

Boom fizzles

Solo show delivers acting, but story lacking

ANDREAS MORSE
for Metro Edmonton

Andrew Connor is a fantastic actor. Anyone who can carry a solo show playing about a dozen different characters has talent in my books.

And Connor does pull it off in this solo play, which he penned. So acting is certainly not the issue I had with Connor's play Boom, the story of a bomb-maker with a conscience.

A town called New Rockwell has fallen on hard times. There doesn't seem to be any work despite the production of a new spaceport that will facilitate commercial space travel.

Connor plays Uncle Louie the bomb-maker. He also plays his niece, an aspiring bomb-maker herself. And he plays his sister, his niece's mother, who doesn't want her daughter to build bombs at all. And that's just the family.

Conner also covers the roles of the mayor and his assistant, Rudolph an old friend, an old married couple, a radio DJ and all the guests … the list goes on.

He uses only two chairs, one stool, a spinning globe, and one costume.

The issue that I have is that seeing the same character with a slightly different voice, in a slightly different posture makes it really hard for the individual characters to grow on the audience.

In fact my favourite character wasn't the sentimental bomb-maker who does right in the end. Instead it was the town's bumbling mayor who didn't play much of a role at all but was the only character who drew laughs. I just kept picturing Detroit mayor Kwame Kilpatrick as Connor slipped in and out of the role.

Boom was billed as a comedy/drama and while Connor's performance was impressive, the production and story missed the mark. I found myself more focused on whether or not he was going to hit all of his voices throughout the hour-long play — which he did — but it took my attention away from the story.

Don't take my word for it though. Check Boom out tomorrow night at Stage 3, the Academy at King Edward School.

PHOTO BY JOHN MELO

Andrew Connor plays the girl in his solo play Boom.

IntelleVision

Rick McGinnis

WILL RETURN

ED	C		B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/20/08 primetime	2	CFRN	239	318	TMZ (N)	Jeopardy!	CSI: NY (HDTV)		Law & Order "Betrayal"		Criminal Minds (HDTV)		News (N)
	3	KHQ	-	370	News	Raymond	Jeopardy!	Wheel-Fortune	XXIX Summer Olympics (HDTV)				
	4	CBXT	-	307	(4) XXIX Summer Olympics (HDTV) (Live)						XXIX Summer Olympics (HDTV) (Live)		
	6	KREM	-	372	News (N)	Hollywood	Friends	Scrubs	Greatest American Dog		Criminal Minds (HDTV)		CSI: NY
	7	CKEM	241	347	Friends	Friends	Make Me a Supermodel		Rock of Love-Bret Michaels		Two/Half Men	Two/Half Men	Your City
	8	CITV	240	339	ET Canada	Entertainment	Crime Stories		Bones (HDTV PA)		NCIS "Dog Tags" (HDTV)		News Hour
	12	CBXFT	119	705	Chine	La Zone olympique (N) (SC)			Le Téléjournal	Les XXIXe Jeux Olympiques d'été (HDTV)			
	13	KXLY	-	371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Wife Swap		Supernanny		Primetime
	16	KAYU	-	373	'70s Show	The Simpsons	Two/Half Men	Two/Half Men	Bones (HDTV PA)		Sarah Connor Chronicles		News (N)
	19	CHTV	-	-	'70s Show	E! News	Janice Dickinson Modeling		Greatest American Dog		William Shatner		News (N)
	22	KSPS	-	374	NewsHour With Jim Lehrer		Secrets of N.Y.	Secrets of N.Y.	Nova scienceNOW (N)		Nova scienceNOW (N)		Carrier (HDTV)
	24	WTVS	-	364	Lucille Ball	American Masters			Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N)	
news	15	CBCN	502	-	CBC News: The National		CBC News: The National		CBC News: The National		CBC News: The National		Doc Zone
	21	TWN	505	398	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	27	CNN	500	500	CNN Presents	CNN Presents Sen. Barack Obama. (N)			Anderson Cooper 360		CNN Presents Sen. John McCain.		
	54	CTVN	501	391	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	70	BNN	504	508	Taking Stock		Market Call		Business News		Market Call	Workopolis TV	Taking Stock
sports	20	TSN	400	400	(4:30) XXIX Summer Olympics (HDTV) (Live)				SportsCentre		NASCAR Racing		Score Golf
	23	net	408	418	MLB Baseball		Sportsnet Connected		Air Racing From Detroit.		Sportsnet Connected		Soccer
	47	SPEED	417	406	NASCAR Racing: Craftsman Truck Series			Pinks Outtakes	Pinks (HDTV)	Pass Time	Am. Thunder	Am. Thunder	Pinks (HDTV)
	94	SCORE	410	403	(5) RaceNight (Live)		Score Tonight		Stump-Schwab	World Series of Poker		Score Update	Score Update
family	9	EDACC	267	351	Law & Order: Criminal Intent		Perfect Drive	Behind	Supernatural (HDTV)		Supernanny		Help TV
	14	YTV	552	543	Drake & Josh	iCarly	Prank Patrol	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach
	17	TREE	553	546	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	42	TOON	555	545	6teen	Johnny Test	George-Jungle	Tom & Jerry	Tom and Jerry	6teen	Total Drama	Futurama	Heavy Mtl 2K
	45	FAM	557	541	Zoey 101	Life Derek	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
cable variety	-	TVA	121	714	TVA 18 heures	Sucré-salé	Marché	Poule-oeufs or	Rumeurs - Jean-Michel Anctil		La Grande Évasion "Panama"		TVA 22 heures
	18	CMT	575	583	Reba	Hope & Faith	Home Improve.	Roseanne	Tara Diaries	Living, Dream	Reba	Hope & Faith	Home Improve.
	25	A&E	615	520	Bounty Hunter	Bounty Hunter	Criss Angel	Criss Angel	Criss Angel Mindfreak		Bounty Hunter	Bounty Hunter	Bounty Hunter
	26	MMM	571	581	Tip of Tongue	Tip of Tongue	Don't Forget the Lyrics!		Celebrity Rehab With Dr. Drew		Don't Forget the Lyrics!		Popaganda
	29	FOOD	603	561	Iron Chef America		The Next Food Network Star		Challenge		Iron Chef America		Next Food Star
	31	SHOW	617	522	Trailer Park	Billable Hours	ReGenesis		Da Vinci's Inquest		Trailer Park	Rent-A-Goalie	Full Metal J.
	32	DISC	520	505	Sport Science (Part 1 of 2) (N)		Mayday "Dead Weight"		Daily Planet		MythBusters		Dirty Jobs
	33	SLICE	601	562	Work Out Skylab dream.		Inside Hollywood (N)		X-Weighted		Work Out Skylab dream.		Inside Hollywd.
	34	W	602	567	Shopping Bags	House	Will & Grace	Friends	Shopping Bags	Style by Jury	Three Fat Brides		Real Women
	35	TLC	521	560	Jon & Kate	Jon & Kate	16 Children and Moving In		Jon & Kate Plus 8 (HDTV)		Jon & Kate	Jon & Kate	16 Children
	36	BRAVO	620	523	Mad Men		Entourage	Bravonews	Law & Order "Terminal"		Without a Trace		Entourage
	38	SPIKE	628	584	UFC Unleashed		Real Vice	Real Vice	UFC Unleashed		CSI: Crime Scene Invstgtn.		Trek: Voyager
	40	HIST	522	506	Mob Stories		NCIS "Jeopardy"		Crime Stories		Rome "Pharsalus"		
	41	COM	626	547	Laughs	Comedy Now	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Lewis Black
	43	SPACE	627	528	Smallville "Descent"		Supernatural		Stargate SG-1 (DVS)		Star Trek: Voyager		Star Trek: Ent.
	44	WPCH	294	650	(6) Exit Wounds (2001)		Frasier	Seinfeld	Friends	Friends	Exit Wounds ★ (2001, Action), DMX		
	46	OLN	411	457	The Rig	Dirtbusters (N)	Word Travels	Globe Guides	Pilot Guides		Don't Forget Your Passport		Ed's Up
	48	TROP	619	525	What Happen?	Vanity Insanity	TV Made, Do It	TV Made, Do It	ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld
	50	STAR	621	527	Celebrity Rehab With Dr. Drew		The Ellen DeGeneres Show		Kim Cattrall	TMZ	Celebrity Rehab With Dr. Drew		Hollywood
	52	HGTV	600	564	Property Virgin	Unsellable	Flipping Out "Tapped Out"		Holmes-Homes	Holmes-Homes	Property Shop	Big City Broker	Property Virgin
	65	TLN	700	800	(6) L'Avvocato Porta		The Sopranos (SS)		Raymond	Raymond	Raymond	Paid Program	Paid Program
	92	APTN	269	350	First Talk	News	Wheels of Thunder		Shining Mountains		Northern Exposure		Wolf Lake
	93	VISION	261	394	Jeeves and Wooster		Soferet: A Special Scribe		Footbinding: Golden Lotus		Jeeves and Wooster		Chambers
	100	MTV	581	566	Buzzin	Run's House	Run's House	Buzzin	MTV Live	After	The Hills	After	Run's House
	101	MM	570	580	(6) Much Does Wakestock		America's Best Dance Crew		Born to Be	Totally Untrue	Punk'd	America's Best Dance Crew	
	102	CPAC	512	396	Question Period		Revue Politique Headlines.		Primetime Politics		Question Period		Hse-Commons
	103	CLT	526	507	Casanova's Love Letters		Traders		The West Wing		The District		Paul Merton
	105	TV5	145	761	18 ans après	Missing	Vivre à vélo	Festivals	Journal TV5	Partir autre	Mondial d'impro 2008		Hep! Taxi
	106	RDI	126	730	Le Téléjournal	Chine	Le Téléjournal	Le National	Le Téléjournal	RDI en direct	Le Journal RDI	Le National	Le Téléjournal

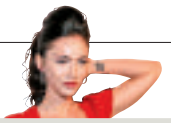
critics'corner

Reba

Oh. My. God. Acutally, it's more like HER God. Cheyenne (Jo-Anna Garcia) asks Reba (Reba McEntire) to talk to Van (Steve Howey) about his loss of faith in God and his decision to quit going to church. She and Barbra Jean (Melissa Peterman) try their best but get nowhere. Reba decides to ask the minister, who turns out to be a handsome newcomer (Patrick Fabian) whose interest in her is more than spiritual in "And God Created Van." 7 PM on CMT

Mad Men

Nothing like taking unfair advantage of a bad situation. In "Indian Summer," Roger's (John Slattery) problems at work have Don (Jon Hamm) seeing an opportunity. Pete (Vincent Kartheiser) has yet more issues at home, and Betty (January Jones) tries to find an outlet for her growing dissatisfaction. 7 PM on BRAVO



Fox happy in the sun

Transformers star Megan Fox is sure to upset cancer experts and dermatologists — by insisting the sun and sea work wonders for her. She says, "I find that being out in the sun is better for you than people think." IMDB.COM

Celebrity Buzz

Mom inspired cancer battle: Applegate

SURVIVOR Actress Christina Applegate knew she would survive breast cancer — because she watched her own mother battle with the disease for years, imdb.com reports.

The 36-year-old star underwent a double mastectomy following her diagnosis with the deadly illness last month — leaving her "clear" of any tumours.

And she insists her mother Nancy — a two-time breast cancer survivor — was her saviour throughout the battle.

She says, "I watched (my mother) have a mastectomy, and then I watched her go through two years of chemotherapy and eight surgeries and a hysterectomy. I've watched this woman survive ... so for me there was always that sense I was going to be okay, no matter what.

"I really love living and I really love my life and I knew from this moment on there was only going to be good that was going to be coming.

"Yeah, I'm going to face challenges, but you can't get any darker than where I've been. So just knowing that in my soul gave me the strength to just say I have to get out there and make this a positive."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Kate running to Owen?

RELATIONSHIPS Kate Hudson is reportedly trying to reconcile with Owen Wilson, femalefirst.co.uk reports.

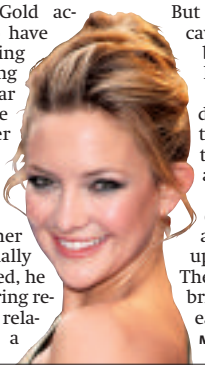
The Fool's Gold actress is said to have been bombarding the Wedding Crashers star with phone calls since her split from cyclist Lance Armstrong last month, and although her old flame initially wasn't interested, he is now considering rebuilding their relationship for a third time.

A source said: "He was frosty at first. He felt betrayed when she dumped him for his friend Lance. But after a while, he caved in and has been sweet to her."

The pair first dated in 2006 after meeting on the set of You, Me and Dupree.

Owen attempted suicide soon after their breakup in June 2007. They enjoyed a brief reconciliation earlier this year.

METRO NEWS SERVICES



celebrity brief

Kanye's crush? Sexy Scarlett

IMAGE Kanye West is a proud fan of Scarlett Johansson, usmagazine.com reports. The rapper posted a blog on his official site entitled "MY FAVORITE WHITE GIRL!!!!!!!" that consists of her name and dozens of photos of her — scantily clad.

METRO NEWS SERVICES

celebrity brief

Aniston wasn't dumped: Pal

RELATIONSHIPS Apparently, John Mayer angered Jennifer Aniston's pals when he told photographers over the weekend that he "ended" the relationship. "He's acting like a spoiled child," an Aniston pal snipped to MSNBC's Courtney Hazlett. "Expect Jen to behave like a lady." (Incidentally, the source adds, "it's she who ended the relationship.")

METRO NEWS SERVICES

Paris' rep denies boob job

RUMOUR Paris Hilton has slammed reports she has undergone plastic surgery to enhance the size of her breasts, imdb.com reports.

The hotel heiress — who once flaunted her petite A-cups on the cover of U.S. magazine Vanity Fair — sparked rumours she has had breast implants after she was recently photographed with a noticeably larger chest.

But a spokesperson for Hilton insists she hasn't had her breasts surgically altered, crediting "a prototype from her Paris Hilton 'push-up' bra line" for the star's enlarged cleavage. The representative adds: "Paris has never had plastic surgery."

METRO NEWS SERVICES

celebrity brief

Britney owes hefty lawyer fees

COURTS Who said getting back on track was cheap? Stacy Phillips, one of the members of Britney Spears' legal team, has filed a declaration in Los Angeles Superior Court saying the Sometimes I Run songstress owes $338,414.87 to Phillips, eonline.com reports. There are rumours of a lawsuit in the works because Spears' camp is objecting to the hefty sum.

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

Obviously **Megan Fox** is one to shy away from speaking her mind on controversial subjects. She has revealed that she likes the sun! Also on her list of "turn-ons" are food, oxygen, shelter, and walking erect.

If **Britney Spears** thinks her legal fees are too high, she has only herself to blame. She should have represented herself in court, like **K-Fed** did. Apparently his rap version of Inherit the Wind really swung the custody battle his way.

Will **Kate Hudson** and **Owen Wilson** be third time lucky? You know, there's an unwritten law about not trying to get back with someone who once attempted suicide when you broke up with them before. Of course, the fact that it's unwritten may explain why **Kate Hudson** hasn't read it. That's why I'm writing it now: Step away from the tousle-haired manchild, harlot, if he dies **Ben Stiller**'s movies will become even less funny than they already are.

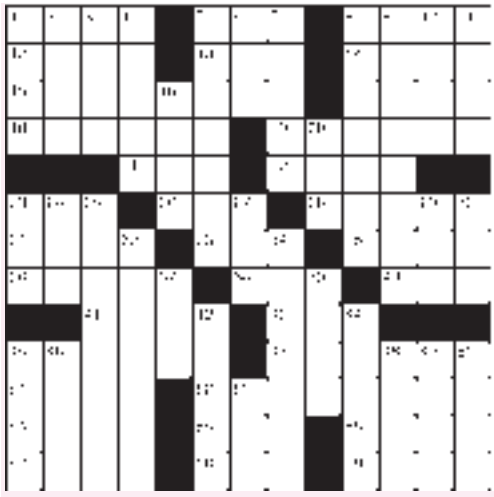
So **Paris Hilton** has denied ever having plastic surgery to enhance the size of her breasts. Now keep an eye on her nose, to see if that gets any bigger.

The aftermath of the Anisyer breakup is taking up more time than the actual relationship did, with both **Jennifer Aniston** and **John Mayer** giving conflicting reports as to who did the dumping. This happened, over and over again, when we were all in Grade 7. There's the bell, recess is over.

Watchmen in trouble

Film studio Twentieth Century Fox has applied to block the release of Watchmen, based on the comic books written by Alan Moore. Fox, which says it bought film rights to the series in the 1980s, has been given the go-ahead to launch an injunction against rival Warner Bros. METRO NEWS SERVICES

Take Five



Crossword down

1 H.H. Munro's pseudonym
2 Borrower's burden
3 Pastoral piece
4 Small plateaus
5 Vaccine supplement
6 Author Fleming
7 Staff of life
8 ATV's place
9 Nonsense
10 Fat
11 Leg part
16 Doppelganger
20 A billion years
23 Resort
24 Joan of —
25 Big name in aircraft
27 Symbol of intrigue
29 Leading lady?
30 NASDAQ counterpart
32 Bedtime recitations
34 Talk about
37 Every iota
39 Cherished
42 English county
44 Devoted groups
45 Reverberate
46 Trampled
48 Chimney dust
49 Beige
50 Pallet
53 Luau bowlful

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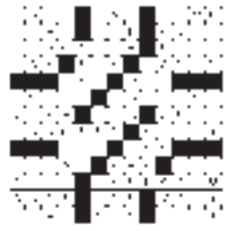
Crossword across

1 Slender
5 Clothing protector
8 Russian city
12 Helper
13 Rowing tool
14 Satyrlike creature
15 Pennsylvania, the — State
17 Run away
18 The Bushes, to Henry Hager
19 Add carbon dioxide
21 Perch
22 "Let's Make a Deal" option
23 Bando of baseball lore
26 Fresh
28 Unadorned
31 Support
33 Roulette bet
35 "Whip It" group
36 Capital of Ghana
38 "The Price Is Right" guess
40 Archer's bow wood
41 Money, slangily
43 Moment
45 Some alcohols
47 Reasons
51 Algonquian language
52 Morgan of "Super Size Me"
54 Gardener, at times
55 Dawn goddess
56 Actress Spelling
57 Probability
58 Greek consonants
59 Poker variety

previous day's answer



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Improvement in a love affair creates good cheer. A fantasy will come to light. Persistence will produce huge dividends.

TAURUS
APRIL 21-MAY 21
Unnecessary anxieties need to be thought through. Conflict arises between desires and principles. Ease the pain of unrequited love.

GEMINI
MAY 22-JUNE 21
A careless person makes another blunder. A woman's deceit baffles everyone. Be courageous in defining your boundaries.

CANCER
JUNE 22-JULY 22
Women will involve you in an uncertain situation. You'll be a happy island in a sea of gloom. Consult a legal expert about a dispute.

LEO
JULY 23-AUG 23
Your animal magnetism is at a high point. Something precious is coming your way. Don't put too much stock in a tricky scheme.

VIRGO
AUG 24-SEPT 22
Sympathy is given after a speech about liberty. Make it easier for someone to take you seriously. Say goodbye to childish things.

LIBRA
SEPT 23-OCT 23
Make the best decision for everyone. Therapy is necessary for someone in crisis. A distress signal shouldn't be ignored.

SCORPIO
OCT 24- NOV 22
Get rid of things that you don't need. Make space in your agenda for new ventures. Help someone to deal with reality.

SAGITTARIUS
NOV 23- DEC 21
Remarkable news is overheard. Obstacles will contribute to better problem solving. A hearty person's hasty words will lead to grief.

CAPRICORN
DEC 22-JAN 20
A scathing remark from a friend causes disquiet. Pay attention to alarms. Frustration results from interference.

AQUARIUS
JAN 21-FEB 18
A special friend has good times in mind. Show someone your true colours. Get inspiration from a smart man.

PISCES
FEB 19-MAR 20
The truth comes out after a mysterious encounter. Comments will fly fast and furiously. Do your best with a dull task.

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WORDY GURDY

Sudoku

	9		5		2		1	
		6	1		3	2		
	2	1				9	6	
			9		8			
4								2
			3		7			
	7	5				4	9	
		4	7		5	6		
	8		4		9		7	

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Contest closes on August 24, 2008 at midnight

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

7	4	8	2	9	1	5	6	3
2	3	6	4	8	5	9	7	1
1	5	9	6	3	7	8	2	4
4	6	2	9	5	8	1	3	7
5	8	1	7	4	3	6	9	2
3	9	7	1	2	6	4	8	5
6	7	4	3	1	9	2	5	8
8	1	3	5	6	2	7	4	9
9	2	5	8	7	4	3	1	6

SUDOKU SOLVE TIME IN MINUTES:

Under 13. . . . . Genius
13-17 . . . . . Scholar
17-21. . . . . Smart
21-25. . . . . Not bad
25+ . . . . . Keep practising

more games metronews.ca

Edmonton weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Thursday	Friday	Saturday
Variable. 19°	60% Thunder-storms. Low 14°	70% Rain. 15°/ 9°	Partly cloudy. 19°/ 7°	Sunny. 24°/ 10°

Temperature Normals
High: 22.3°
Low: 9°

Records
High: 31.1°/1894
Low: 1.1°/1904

Sunrise: 6:23 a.m.
Sunset: 8:50 p.m.
Moonset: 11:22 a.m.
Moonrise: 9:37 p.m.

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